



ELITE FOOTBALL COACHING
COACHES HANDBOOK

u7-u10



**ACCREDITED
CLUB** ★★ ★
PART OF ENGLAND FOOTBALL



Elite FC Coaching Philosophy (U7-U10)

At Elite FC, we believe that the foundation phase (U7-U10) is crucial for developing players who are confident, creative, and decisive.

Our philosophy emphasizes individual player development while integrating team play elements to prepare players for competitive football.

We aim to create an enjoyable, dynamic environment that develops technically skilled, quick-thinking, and athletic players.

Key Principles of Elite FC's U7-U10 Coaching Philosophy

Individual Development Focused Environment

- Prioritize individual technical and decision-making development, ensuring players are comfortable and confident on the ball.
- Incorporate regular ball mastery into sessions, ensuring that players become comfortable on the ball & have maximum touches of the ball during each session.

Quick Decision-Making and Play

- Encourage players to make quick decisions in both possession and out-of-possession scenarios.
- Promote dribbling when space is available and quick passing & receiving when appropriate, especially in quick transitions.

Athletic and Aggressive Defensive Play

- Develop players who are quick, strong, and athletic, emphasizing the importance of regaining possession quickly and positively.

Attacking Focus

- Prioritize attacking skills, including 1v1s, 2v1s, and 3v2 scenarios, to enhance players' ability to exploit space and attacking overloads.
- Incorporate passing into sessions as a complementary skill, but not as the primary focus at this stage.

Match-Specific Practices

- Implement practices such as short corners and quick sideline plays to instill habits that align with modern game rules and emphasize player decision-making.

Elite FC U7-U10 Coaching Session Structure

Session Timings (U7-U10)

MINUTES	MINUTES	MINUTES	MINUTES
0-10	11-25	26-45	46-55
3v3 / BALL WORK	PRACTICE	PROGRESSION	3v3

Session Structure (U7-U10)

A typical Elite FC training session for u7-u10 age groups should consist of either 3v3 matches or ball mastery as arrival activities. Scenarios & skills learnt in the previous weeks should be reaffirmed & incorporated into future sessions where possible, ensuring a consistent message week to week. 3v3's matches to finish sessions should always be played in ability based teams.

3v3 Setup & Structure

